

# Women's & Men's Health Month Activity Ideas

**Please feel free to modify the following announcement for the needs and styles of your congregation/organization.**

- ❖ Shower your organization with ribbons that symbolize good health
  - Pink – Breast Cancer Awareness
  - Lavender – Cervical Cancer Awareness
  - Red – Cardiovascular Health Awareness
  - Blue – Colorectal Health Awareness
  - Green – Folic Acid Awareness
- ❖ Place educational information in bulletins or newsletters.
- ❖ Incorporate the message of health and stewardship into worship services.
- ❖ Sponsor a candlelight vigil in memory of those who died from breast or cervical cancer, cardiovascular disease, diabetes, or colorectal cancer.
- ❖ Hold an open house at a public library featuring women's and men's health books.
- ❖ Ask churches, markets, schools, and retail stores to post campaign materials.
- ❖ Offer a "healthy heart" aerobics class at a local gym.
- ❖ Ask chaplains at local hospitals, universities, and military bases to participate as discussants in a free seminar on women's and/or men's health held at a secular location.
- ❖ Ask the local library to create a month-long display of books and titles related to women's and men's health; ask religious celebrants to mention it in services and newsletters throughout May and June.
- ❖ Start a "walking club" at the local mall or shopping plaza.
- ❖ Sponsor an "open house" at your organization with representatives from local women's and/or men's groups.
- ❖ Provide talking points and other campaign materials to local law enforcement officials.
- ❖ Plan a community event celebrating family and wellness and ask a mayor or county executive to be the keynote speaker.